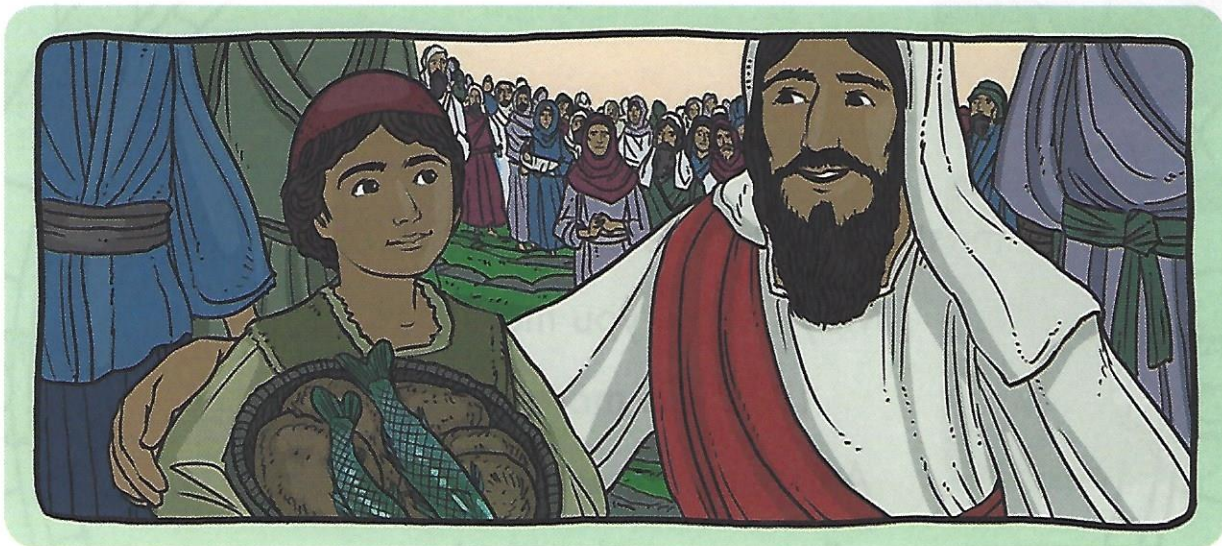
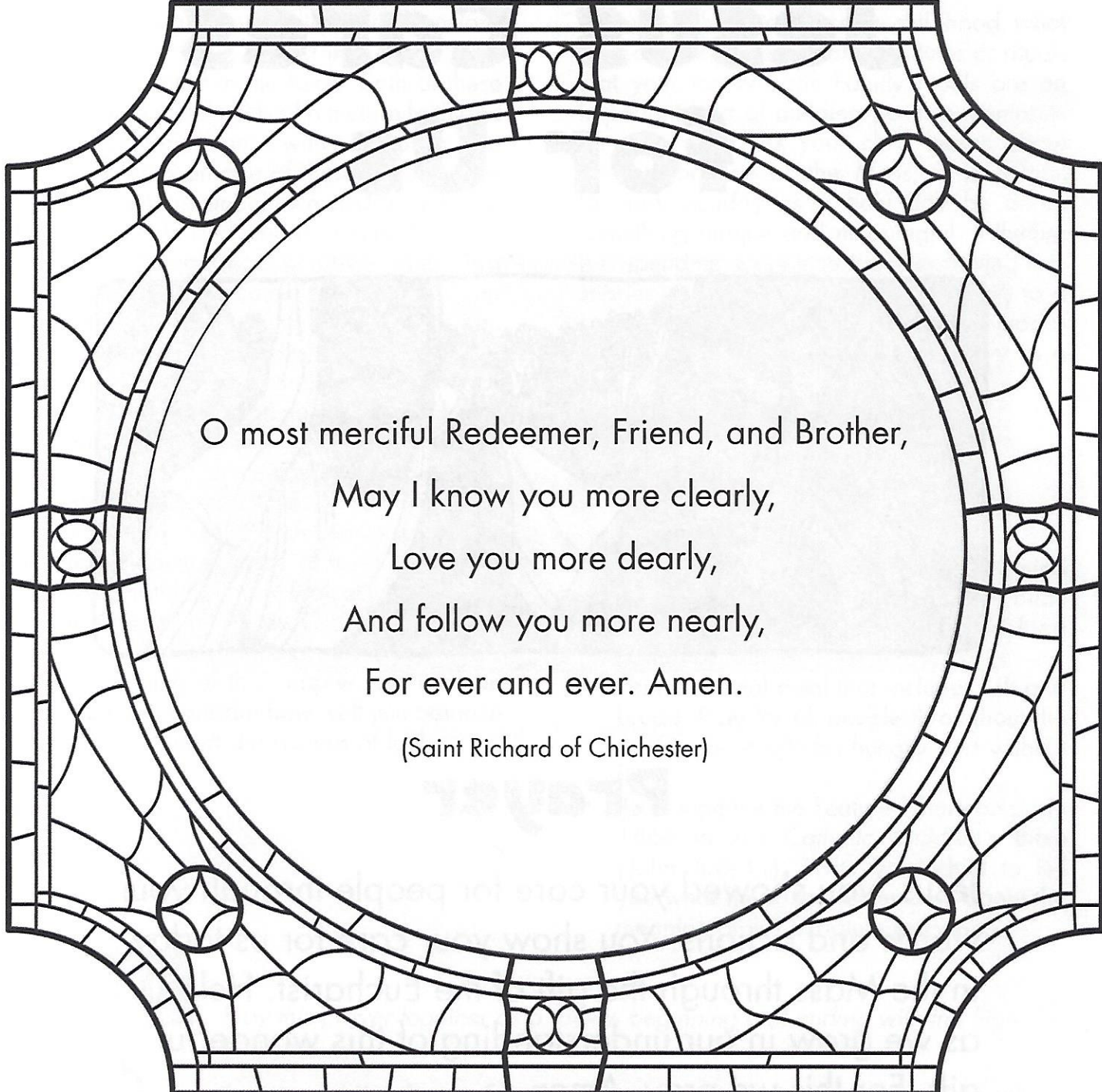
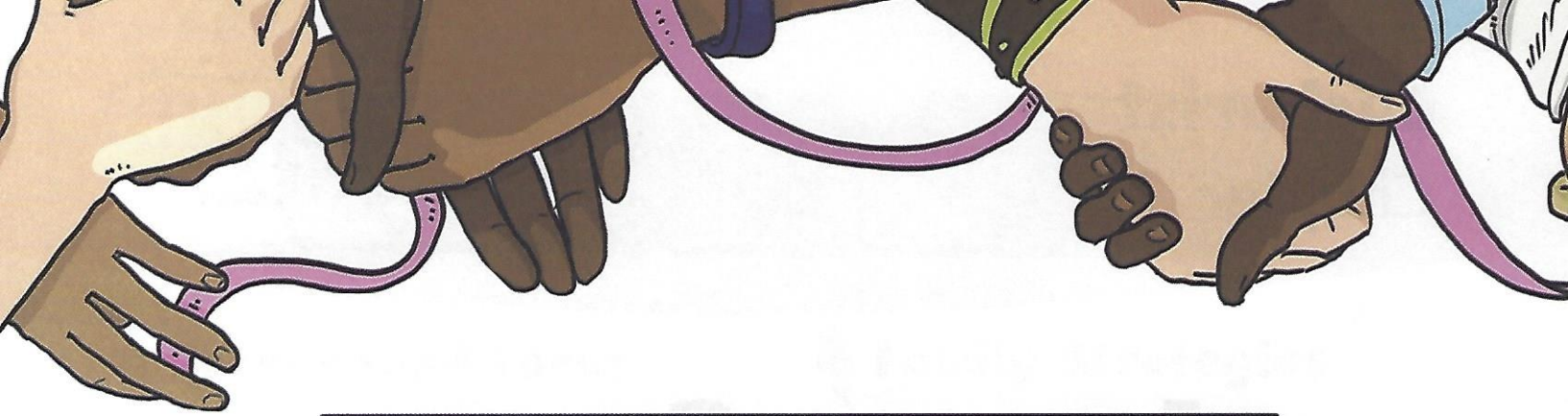


Jesus Cares for Us



Prayer

Jesus, you showed your care for people through your words and actions. You show your care for us today in the Mass through the gift of the Eucharist. Help us as we grow in our understanding of this wonderful gift. For this we pray. Amen.



○ most merciful Redeemer, Friend, and Brother,
May I know you more clearly,
Love you more dearly,
And follow you more nearly,
For ever and ever. Amen.

(Saint Richard of Chichester)



Draw a line from the part of the Mass to an action that takes place during that part.

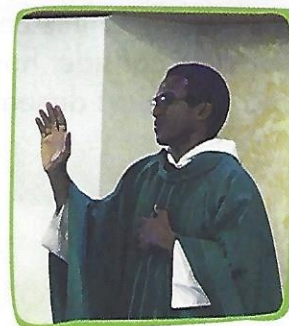
Liturgy of the Word



Introductory Rites



Concluding Rites



Liturgy of the Eucharist



Family Page

Background Focus

Included among the many different dimensions of faith is one that is rooted in the heart and one that is rooted in the head. Both of these aspects are crucial parts of a mature faith and must be held in balance with each other. The exclusive focus on one of these aspects over the other creates imbalance and a faith that risks being cold and lifeless or superficial.

When preparing children for First Eucharist, it can become easy to keep our focus primarily on making sure children can articulate an understanding of the Eucharist and the many doctrines and mysteries of faith surrounding it. Although this is important, we must also help children connect to the heart of the matter, that is, seeing faith and the Eucharist as being ultimately rooted in the incredible love of God, shown in word and action through the person of Jesus.

This chapter begins to look at the Eucharist as an expression of Jesus' deep care and compassion for each one of us. As you reflect on the meaning of this chapter, use it as an opportunity to consider how well you balance the head and heart dimensions of faith.

Family Strategies

If you think back to your own childhood, what are some of the memorable routines or rituals that your family had? Family rituals are an important part of building positive memories for your child. As your child learns about the significance of the Mass, it is helpful to mark Sunday as a holy day by doing something unique and meaningful. Whether it is spending some time together having fun, sharing a home-cooked meal, or going to a special restaurant, such rituals build memories and help your child recognize Sunday as a special day.

Family Activities

- Do something as a family that will remind you of Jesus' actions of care in the Bible story, such as donating food to a food pantry or shelter.
- Plan a special meal that includes fish and bread. Pray for all people throughout the world who might be hungry and without food.
- Read together the Featured Story on page 1666 in *The Catholic Children's Bible* (John 6:8–11). Invite your child to tell you what he or she remembers about the meaning of this Scripture passage.

Pray It!

Pray this prayer together as a family, beginning and ending with the Sign of the Cross.

Jesus, we thank you for the care you show to everyone through the gift of the Eucharist. Help us to grow in your love so we can share your love with others. Amen.

